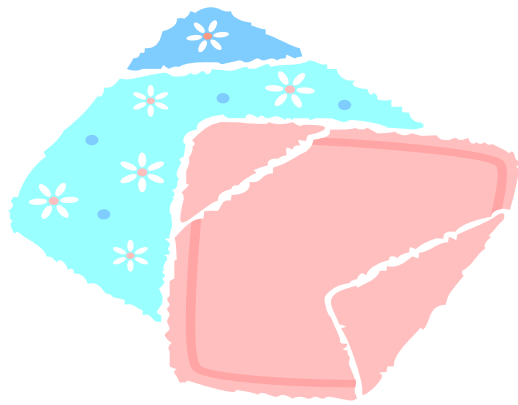


USNH Yokosuka

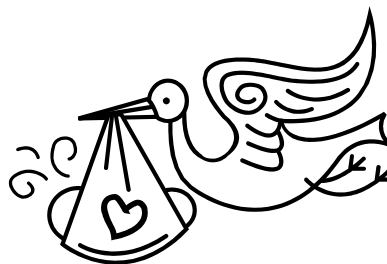


STORK'S NEST



CONTENTS

Storks nest Program-----	3
Stork Nesting Criteria & Stork Nest Eligibility -----	4
Records, Orders & Lodging -----	5
FAQ's -----	6-7
Check-in, Prenatal Appointments, Check-out and What to bring - -----	8
Dining Facilities-----	9
Stork's Nest Services -----	10
Emergency Phone Numbers -----	10



Stork's Nest Program

The mission of the Stork's Nest is to provide the mother-to-be close proximity to U.S. Naval Hospital (USNH) Yokosuka for the labor & delivery of her baby. The USNH Stork's Nest is a service provided as a free, temporary residence for beneficiaries who meet the waiting list requirements. A safe, comfortable option, the Stork's Nest welcomes term obstetric beneficiaries for the final one to four weeks of pregnancy. Located in Building 1407, the Stork's Nest overlooks the water and is adjacent to USNH Yokosuka. There are 18 private rooms, each with a bathroom, queen bed, queen sleeper sofa, refrigerator/freezer, microwave, TV/VCR/DVD and dresser. In addition to the individual rooms, there is a lobby with a kitchenette, television and free laundry facilities. McDonald's and various other restaurants are within walking distance of the Stork's Nest. The Stork's Nest is fully equipped to provide maximum comfort and a home-like atmosphere.

The Stork's Nest Coordinator is LT Taiko Harris who coordinates the beneficiary's transition from referring medical treatment facility to the Stork's Nest. She can be reached at 243-8747.

The residents of the Stork's Nest can use USNH dining room or patronize the various Yokosuka base restaurants. Residents may leave the base, but because it is so close to delivery time, it is recommended to stay in close proximity to the base. Siblings are welcome at the Stork's Nest as long as there is another adult who can care for them when Mom goes into labor.

Residents are also responsible for the daily cleaning of their rooms, just as at home. We appreciate cooperation in maintaining the general cleanliness of your room as well as the common areas (living/dinning room, kitchenette, bathrooms and laundry room) in consideration of other Stork's Nesters.

As soon as you are aware that you are expecting, please sign up for the Stork's Nest. You can sign up at the OB/GYN Clinic or via phone at 243-8745 or 243-8747. As soon as a room becomes available, OB/GYN clinic staff will notify you of a room opening. We hope to place Atsugi and Zama patients in rooms 7-10 days prior to due date and Iwakuni and Sasebo patients up to 30 days prior to due date. **Due to the volume of births at USNH Yokosuka we cannot guarantee the availability of a room.** If you no longer wish to stay or deliver early and would not require a room, please notify the Stork's Nest Coordinator ASAP.

CRITERIA FOR STORKS NEST ELIGIBILITY

- 1- Eligible OB beneficiaries (USNH Yokosuka) are those who are able to care for themselves and are in a non-patient status. The Stork's Nest is not a patient care facility, but free temporary military billeting/lodging, or a home away from home.
- 2- On the average, a beneficiary must live more than 45 minutes away from USNH Yokosuka.
- 3- If you bring children, **you need to have a childcare provider to care for your children for all your OB appointments and admission to the hospital for labor and delivery.** The childcare provider may stay with you or be no more than 45 minutes away. **USNH Yokosuka does not provide childcare.**
- 4- If you meet criteria for eligibility, you are placed on a waiting list with the following information:
 - a. The name of the woman to give birth
 - b. SSN number and example – 30/1230 prefix and last four
 - c. Home, work or cell phone numbers
 - d. Expected Date of Confinement (EDC) or delivery date
 - e. Gravida /Para (how many times you've been pregnant and times you've given birth)
 - f. Medical clinic that is currently providing OB care for you
 - g. How many adults and children will be accompanying you to the Stork's Nest.

SIGN UP

***You are responsible for signing yourself up for the Stork's Nest. You may sign up as soon as you find out that you are pregnant.**

RECORDS

Please make sure that you have scheduled an appointment to be seen at USNH Yokosuka as soon as possible. This is your responsibility. Please bring your OB records and any other forms regarding your pregnancy, including ultrasound reports or films. If you have medical problems, such as asthma, high blood pressure, etc., please bring your outpatient medical record as well.

ORDERS

Orders to the Stork's Nest are issued by the sponsors command, NOT USNH Yokosuka or the branch medical clinics. You will be staying at the Stork's Nest at no cost. If you are on "cost" TAD orders, or were paid advance TAD, it is the sponsor's responsibility to notify your command once you have been placed in the Stork's Nest. If the command is not notified, you must be prepared to pay back the portion that you received for your Stork's Nest stay.

LODGING

*******IMPORTANT*******

If the Storks Nest is unavailable, you are responsible for making a reservation at either of the below choices:

-Navy Lodge – 243-6708

-BEQ (enlisted)/BOQ (officer) – 243-5596





FREQUENTLY ASKED QUESTIONS (FAQs)

1. Where do I park?

Parking is available at the Stork's Nest in the front and back

2. Can my family stay with me in my room? Can I bring a pet?

Family members are encouraged to visit and may stay in the room with you. For all OB appointments and admission to the hospital for labor and delivery, you will need to have another adult or child care provider take care of your children. **Call security concerning guest passes in advance.** No pets are allowed.

3. How can I get to the Storks Nest from Atsugi if I do not have a car?

The medical shuttle leaves from Atsugi at Cinema 77 at 0715 Monday through Friday. Call the transportation office at 264-5363 to reserve a seat. All beneficiaries should check with their base medical clinic (BMC) OB nurse to coordinate transportation. Upon arrival, the base offers a free shuttle bus around the base. Taxis are available on and off base for a fee. Taxi services phone numbers are on base 243-4444 or to go off base 046-825-4444.

4. I didn't stay at the Stork's Nest during my last delivery at USNH Yokosuka. Do I have to now?

Stork's Nesting provides a safe and comfortable option for pregnant beneficiaries to ensure they are in close proximity to USNH Yokosuka before labor begins. Beneficiaries are not required to stay at the Stork's Nest; however, please note that you are responsible to cover the cost of lodging if you stay at a different facility.

5. How will I know who my new doctor will be and when my remaining prenatal appointments will be?

As soon as you have a confirmed room reservation, it is okay to schedule your prenatal appointment. Or, once you have checked in to the Stork's Nest call 243-8747 or stop by one of the clinics to schedule your next prenatal appointment. Please let the clerk know that you are residing in the Stork's Nest.

6. What costs are involved in Stork Nesting?

The Stork's Nest is a no cost service provided by the USNH Yokosuka. Parent commands issue TAD orders.

7. Will I have email capability while I am Stork Nesting?

Yes, if you have your own laptop, Bldg 1407 has Wi-Fi in the common area. If you do not own a laptop computer, the base library has computer and internet access. Hours of operation are daily from 1030 to 1930.

8. Am I responsible for cleaning my own room?

Yes

9. Can my kids go to school at Yokosuka while I'm Stork Nesting?

DoDDS recommends keeping your child/children enrolled at their present school to prevent disruption of their education.

10. Will the CDC on the base transfer my child's enrollment to the CDC at Yokosuka?

Each CDC is run independently and enrollment cannot be transferred between centers. Hourly CDC is available once your child is registered at Yokosuka CDC call for availability at 243-5964.

CHECK-IN

Check-in procedures occur on the 1st floor at the Quarter Deck (Information desk). Please bring your OB record to the OB/GYN clinic the same day you check in or the next working day.

CHECK- OUT

Upon checkout, residents need to ensure that the coffee pot is clean, the refrigerator and microwave are cleaned inside and out, the sofa bed is put away, the beds are stripped and all linen and towels are placed into the linen bag provided in the room. **The residents must to return the keys to a Fire and Security Duty Personnel at the time of check-out.**

PRENATAL APPOINTMENTS

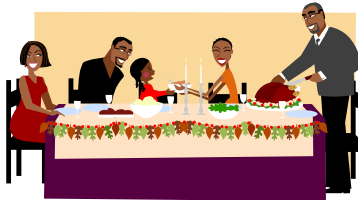
If you are not currently being seen at one of USNH Yokosuka's clinics, stop by or call OB/GYN clinic to schedule your next prenatal appoint. Please let them know where you are residing and provide a phone number where you can be reached.

Hours of operation (M-F, excluding holidays) 0800-1600
OB/GYN Clinic ----- 243-8747/8741
Family Practice (B Desk) ----- 243-8721/5352

*******IMPORTANT:** You need to make childcare arrangements for your children during your OB appointments and admission to the hospital for labor & delivery. **FOR YOUR SAFETY**, children are not permitted in the exam rooms for OB appointments.

WHAT TO BRING

OB & medical records
Clothes for appropriate season
Raincoat and/or umbrella
Personal hygiene items
Walking shoes
Clothing for baby
Favorite pillow and blanket (optional)
Towels and wash clothes (optional)
Car seat(s) (mandatory)
Money major credit cards or ATM card



DINING FACILITIES

*For more information call 113 (base operator) to ask for the phone number.

Hospital Galley – No weekend or holiday services

Officer's Club- across the street from the hospital

Chief's Club – Near front gate

McDonalds – Next to PSD (One minute walk from Stork's Nest)

Taco Bell – Behind NEX video store

Sbarro – Next to Main Street USA

Chilis – Next to Navy Lodge

Club Alliance

Sharkey's Pub

Italian Gardens

Main Street

Popeye's Chicken

Subway

A&W

Chinese

NEX food court

Anthony's Pizza

Dunkin Donuts

Fast food counter

Bowling Alley

Mean Genes

Stork's Nest

Emergency Numbers

3AOB/Maternity Ward-----243-5311
Emergency Room-----243-7141
USNH Quarterdeck-----243-7144
OB/GYN Clinic -----243-8747/8741
Family Practice (B Desk) ----- 243-8721

How to call room from cell: 046-816-last four of number
How to call room from states: 011-81-468-16-last four of number

**If you need the door to the hospital opened after working hours please call the quarterdeck and ask them to open the door for you. If you are pregnant please go to 3AOB for any emergencies.

Stork's Nest Mailing Address

U S Naval Hospital Yokosuka
OB/GYN Department-Stork's Nest
Attn: *Your Name Room #*
PSC 475 Box A
FPO AP 96350-1600

If you are receiving mail, it is your responsibility to check on its status.
If you have any questions you may ask the Post office in the hospital.
Time varies on shipping, please remember.

*Please enjoy your stay at the Stork's Nest, may you be as comfortable as you possibly can (it's hard these days isn't it)! If you have any questions or comments you may contact me at the OB/GYN clinic during weekdays at 243-8747.

LT Taiko Harris, Stork's Nest Coordinator
HN K. Kraus, Stork's Nest Coordinator
HN K. Martin, Stork's Nest Coordinator

STORK'S NEST

Room



Bathroom



Common Area/Kitchen



Stork's Nest Building

